



Green chilli tofu

with fragrant coconut rice



This dish is spicy, herbal, very complex and pairs perfectly with rich and creamy coconut rice. With a blend of Asian influences including Indian, Malaysian and Thai, it has really unique flavours. Enjoy!



Make this dish within 5 days of receiving your meal kit



Cooking equipment: small pot, large non-stick frying pan



Pantry items needed: vegetable oil, agave syrup / sugar, salt



Hands-on: 25-30 minutes
Ready in: 40 minutes



Serves: 2 or 4

NO ADDED GLUTEN | HIGH PROTEIN | Adventurous, Great for leftovers, Spicy (medium)

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Jasmine rice	1 packet	1 packet
Ginger	20g	40g
Vegetable oil for rice*	½ tsp	1 tsp
Coconut milk	1 carton	1 can
Water for rice*	200ml	400ml
Salt*	¼ tsp	¼ tsp
Agave syrup / sugar*	½ tsp	1 tsp
Green chilli	70g	140g
Brown onion	100g	200g
Lemongrass	20g	40g
Garlic	6g	12g
Curry leaves	2½g	5g
Firm tofu	1 packet	1 packet
Makrut lime leaves	2g	4g
Vegetable oil for curry*	1 tbsp	2 tbsp
Turmeric seasoning	1 packet	1 packet
Water for curry*	½ cup	1 cup

* Pantry items

Allergens and ingredients

Allergens: soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook coconut rice

Rinse **jasmine rice** in a sieve until the water runs clear. Divide **ginger** in half, thinly slice one half and set aside the other. In a small pot over medium heat, add **vegetable oil for rice***. When hot, add **ginger** and gently fry for **1 minute**. Add **jasmine rice** and stir to coat, about **1 minute**. Add **coconut milk**, **water for rice***, **salt*** and **sugar***, bring to a boil, reduce to a simmer and cook, covered for **15 minutes**. Stir and continue cooking, covered, for a further **5 minutes**. When cooked, remove from the heat and keep covered until ready to serve. Remove **ginger** before serving.

2. Make curry paste

(Tip 1) Finely chop **chilli** (tip 2), **onion** and soft inner part of the **lemongrass**. Mince **garlic**. Finely grate remaining **ginger**.

3. Prepare ingredients

Pick **curry leaves**. Slice **tofu** in half and then into 1cm-thick squares. Very finely slice **lime leaves** for garnish (tip 3).

4. Sear tofu

Heat a large non-stick frying pan over medium heat. When hot, add **tofu** and dry fry on both sides until golden, about **5 minutes**. Remove from the heat and place onto a plate. In the same frying pan over medium heat, add **vegetable oil for curry***. When hot, add **curry paste** and **curry leaves** and cook, stirring, for **3 minutes**. Add **turmeric seasoning**, **tofu** and **water for curry*** and stir gently to combine. Cook, covered, for **10 minutes**.

5. Serve

Serve **coconut rice** and **green chilli tofu** into shallow bowls. Garnish with **lime leaves**.

Cooking tips

1. You can do this step quickly in a small blender/food processor or a mortar and pestle. Blend chilli, onion, soft inner part of lemongrass, garlic and ginger until they reach a smooth paste. If needed, add a touch of oil or water to help them blend.

2. Deseed first for less spicy version.

3. Remove tough centre vein by slicing along both sides of the lime leaf stem.

Eat your way to healthy!



Tofu is a good source of protein and contains all nine essential amino acids your body needs. Surprisingly, it provides more protein per calorie than beef. It is also a source of iron, manganese, potassium, calcium, selenium, phosphorous, magnesium, copper, zinc and vitamin B1.

Tofu has been linked to health benefits such as better heart health, lower levels of ‘bad’ cholesterol, better bone health, lower risk of colorectal and prostate cancer, better skin and better memory and brain health.

Nutritional information*

	Per 475g serve	Per 100g
Energy	3536kJ (846Cal)	745kJ (178Cal)
Protein	38.7g	8.1g
Fat, total	40.8g	8.6g
- Saturated	21.3g	4.5g
Carbohydrate	77g	16g
- Sugars	8g	2g
Sodium	1008mg	212mg

* Nutritional information is based on averages